

Power of a Mindset Shift Worksheet

Shifting your mindset starts with small steps. Use this worksheet to help you assess your current thinking and help you make small changes in essential areas that will get you on the way to realizing your full potential.

Be Aware of Your Own Thinking

Let's assess your current mindset. This is the way of thinking that's been unconsciously shaped through your experiences and the influence of others.

Here are some questions to ask yourself:

How positive are you?	
How do you view issues, problems, and challenges?	
Do you celebrate the successes of others or feel envious?	

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Are you overly concerned with how others see you?	
Are you focused on what you don't have rather than what you do?	
Do you see the world's resources as limited and scarce, or abundant?	
Are you a creative person?	
Where do you use creativity in your daily life?	

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These questions will help you understand what your current mindset is. Find areas for improvement that you can start working on right away.

Let Yourself Make Mistakes

One of the areas most of us need to work on is how we view mistakes and failures. Do you give yourself a hard time when something goes wrong? If so, what do you say to yourself?

One thing that sets success-minded people apart from the rest is how they view setbacks. To them, every failure is a valuable learning experience. Start reorienting your mind to think this way as well.

When you make a mistake, be kind to yourself. Try to fix it and then let it go.

The next time you make a mistake, look for the lesson. Use the following questions to help you understand what went wrong and what you could have done differently and increase your chances of success in the future.

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What mistake did you make?	
How did you react?	
What was the lesson in this mistake?	
What could you have done differently?	

Practice Gratitude

What do you focus on – the things you have or the things you want? People who practice gratitude are much happier and more successful than those who only notice what they are lacking.

What do you focus on?

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You can start practicing gratitude right now by brainstorming a list of things you're grateful for. There's no item too small or seemingly insignificant to go on this list. Think about your family, friends, job, health, and hobbies.

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A daily practice of giving thanks is even more effective. Buy a notebook and make it your gratitude journal. Each day, jot down a few things you’re grateful for. This reminds you of the abundance that’s present in your life.

Find Your Inspiration

Inspiration helps when we're trying to come up with ideas or solve problems. We mistakenly believe that it comes in a flash out of the sky, but this is not how creativity works.

People who are in touch with their creativity make it a daily practice and can tap into it when they need it.

There are many sources of inspiration that you can use, including:

- A walk in the park
- Yoga or meditation
- Music
- Quotes
- Painting, playing music, or some other creative activity
- Blogs or books
- Good conversation
- Good memories
- Your gratitude list
- Friends or family members

It can be anything that makes you feel inspired. Choose something that always gets you excited that you can turn to whenever you need a boost.

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What inspires you?

When will you make time for your daily creativity practice?

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Try New Things

All 5 of the success mindsets are concerned with growth and love of learning. A great way to transform your mindset is to find something new to learn. It doesn't have to be something related to your career or something practical. And you don't have to be good at it. The process of learning itself will help you transform.

Pick up a musical instrument or a new language. Take up a new sport or delve into a topic like chemistry or philosophy. Learn about the history of your neighborhood.

Remember, the whole point is to get you learning and expanding your perspective. It shouldn't be stressful. Choose something interesting and fun.

What new things can you try?

Study Successful Lives

It's much easier to transform your mindset when you see how it's done. This is why it's a good idea to learn from people who've mastered this process.

One way to do this is to read biographies and autobiographies of successful people. Choose celebrities and business leaders and read about how they did it. If you're not a big reader, you can listen to interviews and watch videos. Try to get insight into how they think and operate.

Even better, seek out people you consider successful and hang out with them. Pick their brain and feel their positive influence transform your mindset – and your life.

<p>How do you want to transform your mindset?</p>	
<p>Who do you consider successful in this area?</p>	

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<p>What have they done to master this process? What's their story?</p>	
<p>What advice do they have for you/ others?</p>	
<p>How can you implement this advice?</p>	

About the Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the Benevolent Protective Order of Elks, the women's business organization Zonta, and several other charitable groups.

As the 2016 recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

Check out my [books on entrepreneurship and more](#) to see which is best for your goals. If you're not sure where to begin, simply hit "reply" to any of my email messages and I will respond to your questions promptly.

